



NJ VETERANS MEMORIAL HOME AT MENLO PARK

NOVEMBER 2021 OLD GLORY CALENDAR



SUN	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Morning Activities Coffee & News , Morning Exercise, Bingo 1:00 Afternoon Activities Chair Yoga & Meditation, Sing A Long Favorites, Walk and Talk Cocktails & Conversation 6:00 Evening Activities Short Stories, Aromatherapy	2  9:30 Morning Activities Coffee & News Morning Exercise Art Class 1:00 Afternoon Activities Afternoon Stretch, Reminiscing, Walk and Talk Cocktails & Conversation	3 9:30 Morning Activities Coffee & News Morning Exercise Word Games 1:00 Afternoon Activities Afternoon Stretch Live Music: James Barba Cocktails & Conversation 6:00 Evening Activities Sing A Long Favorites Aromatherapy/ Relaxation	4 9:30 Morning Activities Coffee & News Morning Exercise, Bingo 1:00 Afternoon Activities Afternoon Stretch Rhythm Band, Walk and Talk Cocktails & Conversation 6:00 Evening Activities Photo Reminiscing Aromatherapy/ Relaxation	5 9:30 Morning Activities Coffee & News Morning Exercise, Mind Joggers 1:00 Afternoon Activities Chair Yoga & Meditation Sing A Long w/ Barbara Walk and Talk Cocktails & Conversation 6:00 Evening Activities Short Stories Aromatherapy/ Relaxation	6 9:30 Morning Activities Coffee & News Morning Exercise Word Games 1:00 Afternoon Activities Afternoon Stretch Ice Cream Social Walk and Talk
7 9:30 Morning Activities Coffee & News Morning Exercise Mind Joggers 1:00 Afternoon Activities Chair Yoga & Meditation Expressive Art Walk and Talk	8 9:30 Morning Activities Coffee & News , Morning Exercise, Bingo 1:00 Afternoon Activities Chair Yoga & Meditation, Sing A Long Favorites, Walk and Talk Cocktails & Conversation 6:00 Evening Activities Short Stories, Aromatherapy	9 9:30 Morning Activities Coffee & News , Morning Exercise Art Class 1:00 Afternoon Activities Afternoon Stretch, Reminiscing, Walk and Talk Cocktails & Conversation 6:00 Evening Activities Poetry Reading/Writing Aromatherapy/ Relaxation	10 9:30 Morning Activities Coffee & News Morning Exercise Word Games 1:00 Afternoon Activities Afternoon Stretch Live Music: Steve Berger Cocktails & Conversation 6:00 Evening Activities Sing A Long Favorites Aromatherapy/ Relaxation	11 Veterans Day  9:30 Morning Activities Coffee & News Morning Exercise Bingo 1:00 Afternoon Activities Afternoon Stretch Live Music: Richard Anzivino Walk and Talk Cocktails & Conversation	12 9:30 Morning Activities Coffee & News Morning Exercise, Mind Joggers 1:00 Afternoon Activities Chair Yoga & Meditation Sing A Long w/ Barbara Walk and Talk Cocktails & Conversation 6:00 Evening Activities Short Stories Aromatherapy/ Relaxation	13 9:30 Morning Activities Coffee & News Morning Exercise Word Games 1:00 Afternoon Activities Afternoon Stretch Ice Cream Social Walk and Talk
14 9:30 Morning Activities Coffee & News Morning Exercise Mind Joggers 1:00 Afternoon Activities Chair Yoga & Meditation Expressive Art Walk and Talk	15 9:30 Morning Activities Coffee & News , Morning Exercise, Bingo 1:00 Afternoon Activities Chair Yoga & Meditation, Sing A Long Favorites, Walk and Talk Cocktails & Conversation 6:00 Evening Activities Short Stories, Aromatherapy	16 9:30 Morning Activities Coffee & News , Morning Exercise Art Class 1:00 Afternoon Activities Afternoon Stretch, Reminiscing, Walk and Talk Cocktails & Conversation 6:00 Evening Activities Poetry Reading/Writing Aromatherapy/ Relaxation	17 9:30 Morning Activities Coffee & News Morning Exercise Word Games 1:00 Afternoon Activities Afternoon Stretch Live Music: Everything's Good Cocktails & Conversation 6:00 Evening Activities Sing A Long Favorites Aromatherapy/ Relaxation	18 9:30 Morning Activities Coffee & News Morning Exercise, Bingo 1:00 Afternoon Activities Afternoon Stretch Rhythm Band, Walk and Talk Cocktails & Conversation 6:00 Evening Activities Photo Reminiscing Aromatherapy/ Relaxation	19 9:30 Morning Activities Coffee & News Morning Exercise, Mind Joggers 1:00 Afternoon Activities Chair Yoga & Meditation Sing A Long w/ Barbara Walk and Talk Cocktails & Conversation 6:00 Evening Activities Short Stories Aromatherapy/ Relaxation	20 9:30 Morning Activities Coffee & News Morning Exercise Word Games 1:00 Afternoon Activities Afternoon Stretch Ice Cream Social Walk and Talk
21 9:30 Morning Activities Coffee & News Morning Exercise Mind Joggers 1:00 Afternoon Activities Chair Yoga & Meditation Expressive Art Walk and Talk	22 9:30 Morning Activities Coffee & News , Morning Exercise, Bingo 1:00 Afternoon Activities Chair Yoga & Meditation, Sing A Long Favorites, Walk and Talk Cocktails & Conversation 6:00 Evening Activities Short Stories, Aromatherapy	23 9:30 Morning Activities Coffee & News , Morning Exercise Art Class 1:00 Afternoon Activities Afternoon Stretch, Reminiscing, Walk and Talk Cocktails & Conversation 6:00 Evening Activities Poetry Reading/Writing Aromatherapy/ Relaxation	24 9:30 Morning Activities Coffee & News Morning Exercise Word Games 1:00 Afternoon Activities Afternoon Stretch Live Music: Exodus Supreme Cocktails & Conversation 6:00 Evening Activities Sing A Long Favorites Aromatherapy/ Relaxation	25 Thanksgiving  9:30 Morning Activities Coffee & News Morning Exercise Bingo 1:00 Afternoon Activities Afternoon Stretch Live Music: Francine & Joel Walk and Talk Cocktails & Conversation	26 9:30 Morning Activities Coffee & News Morning Exercise, Mind Joggers 1:00 Afternoon Activities Chair Yoga & Meditation Sing A Long w/ Barbara Walk and Talk Cocktails & Conversation 6:00 Evening Activities Short Stories Aromatherapy/ Relaxation	27 9:30 Morning Activities Coffee & News Morning Exercise Word Games 1:00 Afternoon Activities Afternoon Stretch Ice Cream Social Walk and Talk
28 9:30 Morning Activities Coffee & News Morning Exercise Mind Joggers 1:00 Afternoon Activities Chair Yoga & Meditation Expressive Art Walk and Talk	29 9:30 Morning Activities Coffee & News , Morning Exercise, Bingo 1:00 Afternoon Activities Chair Yoga & Meditation, Sing A Long Favorites, Walk and Talk Cocktails & Conversation 6:00 Evening Activities Short Stories, Aromatherapy	30 9:30 Morning Activities Coffee & News , Morning Exercise Art Class 1:00 Afternoon Activities Afternoon Stretch, Reminiscing, Walk and Talk Cocktails & Conversation 6:00 Evening Activities Poetry Reading/Writing Aromatherapy/ Relaxation			 HAPPY THANKSGIVING	 <i>All Activities Subject to Change</i>